



# ***The Senior Edition***

***The Shrewsbury Council On Aging Newsletter***

published Monthly for all  
Shrewsbury Residents age 60 and over  
July 2004 Volume 4, Issue 7



**July 2004 Special Dates:**

**Men's Health Month:**

<b><u>July 5th:</u></b>	<b><u>Municipal Offices Closed</u></b>
<b><u>July 9th:</u></b>	Dodge Park Band, 2pm
<b><u>July 12th:</u></b>	Taping "Ask the Manager" TV Show 2pm
<b><u>July 15th:</u></b>	Nutrition Talk
<b><u>July 16th:</u></b>	Rep. Karyn Polito 9:00am
<b><u>July 23rd:</u></b>	Brown Bag and Movie 11:30am
<b><u>July 30th:</u></b>	Newsletter Mailing 9am

***See inside and calendar for details***

***The Town of Shrewsbury's Council On Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older .***

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2004 Formula Grant to go toward supporting our Newsletter

## **New On-Line Statistics:**

-In May, 684 visits were made to the COA website, with an average of 22 per day. 143 people downloaded the June Newsletter and 168 people went back to print out the April Newsletter!



***Thank you*** to Jackie Pratt for these helpful and informative statistics!

You can sign up anytime by visiting the town's webpage at [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov). We have bookmarks available to walk you through the steps. Call or stop by to get one!



**Friends of the Shrewsbury  
Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545

**RETURN SERVICE REQUESTED**

NON-PROFIT ORG.  
U S POSTAGE  
PAID  
WORCESTER MA  
01613  
PERMIT NO. 1102

*ADDRESS LABEL HERE*

# Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center  
98 Maple Avenue  
Shrewsbury, MA 01545  
(508) 841-8640

**July 2004**



## **COA Staff and General Information:**

**Office Hours:** Monday through Friday:

8:00am-4:30pm

**Office Phone:** 508-841-8640

**Office Fax:** 508-841-8641

## **Staff: COA Board Members:**

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,

John Concordia, Secretary, Al Crommett, Lillian Goodman  
Helen McLaughlin and Tim Swiss

**COA Director:** Sharon M. Yager

**Assistant to COA Director:** Vicky Pellegrino

**Transportation Coordinator:** Cynthia Willis

**Van Drivers:** Ralph Anderson, Mike Jardarian, Mike Mazzola, Dick Londergan, Ed Rezukey, Norm Vandal, and Keith Harlow, Holly Henry

**Meal Site Coordinator:** Cheryl Lucier 508-841-8757

## **Meals on Wheels Drivers:**

Alan Buckley, George Bergquist, Michelle Mancini, Shirley Latino, TC Lee

**SHINE Counselors:** Mary Hardell, Al Crommett

**Friendly Visitor Coordinator:** Lorraine Covino

**Newsletter Committee:** Fran Rimkus, **Chairman,**

Ailsa Macdonald, **Editor,** Bob Oetting, **Advertising**

**Coordinator,** Ron Davis, Norma Giumentaro,

Mary Layden, Janice McNamara, Maynard Rinker

**CARES Coordinator:** Dave Grillo

**CMAA Liaison:** Vicki Zwerdling

**Volunteer Office Staff:** Dorothy Dobson, Elaine Kelley, Nancy Kowalczyk, Loretta Henry, Carmella Iacono, Rochelle Lockwood, Lucille McHugh, Katharine Nelson, Susan Pappas, Phyllis Robbio and Betty Viscera

**Veteran's Officer:** Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm



## **HAPPY JULY BIRTHDAY TO:**

July 3rd, Fran Rimkus, July 7th, Janice McNamara,  
July 22nd, Ailsa Macdonald,

July 26th: Friends Founder Eileen Creedon,

July 29th: Alan Buckley, July 30th: Holly Henry

## **Other Volunteer News:**

**Welcome To:** **Barbara Morrissey**, Fill-In Office Receptionist

## **Congratulations To:**

Volunteers **Bill and Lucille McHugh** who celebrate their 58th Anniversary on July 13th.

Newsletter Committee Chairman **Fran Rimkus**

(See page 6 for more information!)

## **Letter from the COA Director:**

Happy Fiscal year! This month begins our Fiscal Year 2005. This year is sure to be as busy as our others!

As this edition went to press, we were interviewing the positions for the two grant-funded employees. We hope to introduce the newest members of our team next month.

We were also working on finally getting our new van on the road. Although the Bocce court had not yet been dedicated, it was being utilized and folks were having fun! Please feel free to come up and enjoy this newest feature of our Senior Center.

Last month, we had our annual Firemen's Cookout and once again, the Firemen's Association generously gave the COA a \$1,000 check as a gift, which they have done every year. These funds will be used to pay for the free lunch at the Health Fair this fall. Below, I am shown with our Chairman, Paul Keegan, and Captain James Vuona, who presented us with the check. We thank them for their continuous generosity and support. If you missed the event, plenty of fire safety brochures are available at the Senior Center.

Sad farewells to former COA Volunteer **Ray Belanger**, who had been a long time volunteer at our Meal Site. Ray's friendly smile and jokes will be missed by all. We continue to receive donations in memory of volunteer

**Vicky Flynn** who passed away in May. Thanks again to all those who continue to donate in her memory.

May this be a wonderful month for you. Hope you are enjoying the summer!

Photo by Madeline Gentile



Sharon Yager, Paul Keegan  
and James Vuona

*Sharon*

Sharon M. Yager

## **NOW OPEN TO THE PUBLIC!**

Serving the needs of those who live,  
work or worship in Shrewsbury



**NEXT TO  
THE  
LIBRARY**

615 Main Street  
**508-841-8550**

**Village Café's Sign**

The Village Café has a beautiful new sign, thanks to the Independent Artists. Here, Ursula Piazza, Janet Mellin, Evie Cummins and Jane O'Connor, present the sign to Cheryl Lucier, Meal Site Manager (shown 2nd from right). The Artists have also made another generous donation to the Senior Center recently. We thank them for their help and wonderful work!

**July 9th, 2pm, Dodge Park Band**

Please join us for an afternoon of entertainment from the residents of Dodge Park. This is a rhythm band, which utilizes maracas, castanets, and sticks for an alternative sound to be enjoyed by all. Please call to reserve your seat!

**July 12th, 2pm: "Ask The Manager Show"**

Town Manager Dan Morgado will be taping his next show at the Senior Center. In addition to having a panel, he welcomes participation from a live audience. The panel will include COA Director Sharon Yager, COA Board Vice Chair Helene Tanenholtz, and another person, to be announced. If you are not able to attend but have questions you would like to ask, be sure to call or mail your questions in by July 9th. If you would like to be in the live audience, please call the Senior Center by 7/9 so proper seating can be arranged to accommodate everyone.

**July 15th, 1pm: Nutrition Talk**

Shrewsbury Crossings has generously offered their Nutritionist to come to the Senior Center to give a talk on the special issues seniors should consider when it comes to Nutrition. This is sure to be an educational talk not to be missed! Please call the Senior Center by 7/14 to reserve your seat!

**Come Play Bocce!**

The Bocce court is up and running. If you signed up to be part of a league, you should have received a call. If not, call the Senior Center to be placed on a team.

**Happy Birthday!**

The Shrewsbury Towers recently had a special birthday party for Helen Duclos, Myrtle Douglas and Josephine Cultera. Photo by volunteer Marcia Grillo.

**July 23rd 11:30am Lunch/Movie**

Tempted to disrobe as the weather heats up this summer? Here is a story of some daring older women who decided to "take it all off" for a good cause! This month features the newly released film "Calendar Girls". This film is based on a true story and follows a group of working-class British housewives who become overnight celebrities by posing for a nude calendar in order to raise money for a new leukemia unit. Rated PG-13, this film stars Helen Mirren and Julie Walters and comes highly recommended by fellow seniors who have seen it. Join your friends for a free movie, refreshments and soft drinks, all sponsored by Westboro Savings Bank. Bring your own lunch, or buy a lunch for \$2 at the Meal Site. **Please** call the Senior Center by the morning of July 21st to reserve your seat and/or your lunch. An accurate count is needed so that we can ensure that there are adequate refreshments.

**Pedometer List Still Taking Names**

Are you trying to walk the recommended **10,000 steps** per day? If so, the Senior Center may be able to purchase **Pedometers** in bulk to sell at \$8 each. Please call if interested.

**It's Official!**

As you may be able to read on the municipal license plate, "official" is now the word for our third van. Last month, the registration, insurance and transfer of ownership were all completed. Here, Transportation Coordinator Cynthia Willis (photographed by Betty Viscera) eagerly puts on the new license plate. We also have new detailed informative brochures on our Transportation Services. Please call the office to have one mailed to you or stop by to pick one up.

**Mark Your Calendars:**

**5th Annual Health Fair: Friday, October 1st**

**Theme: Before and During The Health**

**Emergency: Raffles, Screenings, Free Bagged Lunches**

**COA/Commission on Disabilities Event:**

Friday, Oct. 15th Featuring a panel & 3 topics

**Panel on:** Preparing for weather emergencies, evacuations, creating your own personal safety network.

Panel to feature Police, Fire, Health and Emergency Management Departments

**Details in upcoming issues!**



Call Shrewsbury Light and Cable  
to sign up for  
**Shrewsbury's Digital Cable Service**  
&

**High Speed Internet Access**

Call **508-841-8500**

for more information  
about all out levels of cable services!



**Busy Hands  
Knitting Group**

Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

**Shrewsbury Senior**

**Mondays**

11am

President:

**Grace Fulginiti**

Join Us!

**Citizen's Club**



CARES July Column: Shrewsbury Savvy Seniors

By Dave Grillo, CARES Coordinator

It can be scary to receive a generic-looking postcard that states, "Your [credit] account number has been compromised and is at risk for fraudulent use." Even if the return address suggests the sender is well-known Citibank, do you just follow the instructions without hesitation? The dilemma faced by a Shrewsbury senior was whether to respond expeditiously to this exact warning when, in fact, she did not even believe she was a Citibank customer. And, being a savvy consumer, she realized that scams often appear to be legitimate.

When she called me for guidance, I was immediately struck by her healthy skepticism. Fear would compel many to respond to such a dire warning promptly. But she chose to do the two things that form the CARES Program's ultimate message: 1) question and 2) seek assistance from advocacy resources available to you. I made several telephone inquiries on her behalf to various departments at Citibank, including the security office and the division that handles identity theft.

Most noteworthy is that nobody I contacted could confirm as Citibank's the toll-free telephone number on the postcard that she was instructed to contact. So, even the anti-fraud people at Citibank couldn't tell me if an anti-fraud telephone number provided by an alleged Citibank mailing belonged to Citibank. Scary, huh? There is a happy ending. I did find out that the issuer of her credit card had been taken over by Citibank; so the discrepancy between the issuer's name on her card and the Citibank mailing became less suspect. Together, we determined that the best course of action would be for her to call the customer service number on the back of her credit card. She called and found that the postcard warning was legitimate due to a compromised database at Citibank. A new card would be issued. She was at ease. But what if the mailing had been a scam?

It is not uncommon for professional thieves to contact potential victims by mail, phone, e-mail or in person while claiming to represent a well-known company or using a company name that sounds familiar. A recent Internet phenomenon is "phishing" where scam artists send e-mail messages that seem to come from legitimate businesses with a phony but realistic-looking web address. The typical scam warns that your account has been accessed by thieves and advises you to fill out a legitimate-looking form that appears on your screen that asks for all sorts of identifying information (that crooks will use to really rip you off). Again, question unanticipated correspondence from any source and use the many resources available to you before responding.

*Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.*

**KALTSAS KORNER***Basic Estate Plan: Health Care Proxy*

Continuing to take a closer look at the components of a basic estate plan, this article looks at the Massachusetts Health Care Proxy which is similar in many respects to a Durable Power of Attorney (described in last month's article). As in a Durable Power of Attorney, a Health Care Proxy is a document in which you (the "principal") grant to another (the "health care agent") the legal right to make health care decisions for you in the event you become incapacitated and cannot communicate your desired health care decisions.

The Health Care Proxy is a "springing" power that is only in effect upon your incapacity. When the proxy is executed and you have the competence and capacity to communicate your desired health care decisions, the power granted in the proxy is not in effect. If you then lose your capacity to communicate your desired health care decisions, the Health Care Proxy "springs" into effect and provides your health care agent with the legal authority to make health care decisions for you. If you then regain your competence and ability to communicate your health care decisions, the proxy again is no longer in effect. If you again lose your ability to communicate your health care decisions, the proxy once again provides your health care agent with the legal authority to make health care decisions for you.

In MA, only one health care agent can act at any given time. Although the health care agent can consult with family and loved ones, only the health care agent has the legal authority to act. While only one health care agent can act at any given time, it is advisable that the principal name a successor health care agent to act in the event the other cannot.

One frequently asked question is whether a Massachusetts Health Care Proxy must be notarized. Technically, there is no Massachusetts statutory requirement that a Health Care Proxy be notarized. However, many states require that a Health Care Proxy be notarized before that state will provide the proxy with statutory authority. On many occasions, I have reviewed a proxy a client has signed while a patient in a Massachusetts hospital. The proxy provided to the patient will not be notarized. While effective in Massachusetts, the proxy may lose effect beyond Massachusetts' state lines (in Florida for instance). It is prudent in drafting the Health Care Proxy to satisfy the requirements of as many jurisdictions as possible. I strongly urge you to notarize your Health Care Proxy for the peace of mind it will provide you in knowing that your proxy will likely be accepted in jurisdictions outside Massachusetts.

*Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.*

This article gives general information and not specific legal advice on individual matters.



Commonwealth of  
Massachusetts  
House of  
Representatives  
STATE

REPRESENTATIVE  
**KARYN POLITO**

Local office: 508-845-2300  
Statehouse: (617) 722-2692 Room 167

**SPAGS 19**

Where Shopping Is An Adventure

Mon-Fri: 8am-9pm, Sat: 10am-6pm  
Sun: noon-5pm

Visit Us At Our Web Site:  
[WWW.SPAGS.COM](http://WWW.SPAGS.COM)

**RICHARD'S CAR WASH**

309 BOSTON TURNPIKE

508-755-0131

ALL CLOTH WASH — HOT WAX APPLICATION  
COIN OPERATED VACUUMS — 4 BAY WASHERS  
Tuesday: Senior Citizen's Day: \$1 off!!!

**TURNPIKE AUTO BODY**

307 BOSTON TURNPIKE

508-755-3015

UNIBODY REPAIR SPECIALIST  
FEATURING: LASER BEAM TECHNOLOGY  
COMPLETE COLLISION WORK

*Al's Oil Service*

featuring Worcester Area's  
lowest prices!

307 Hartford Trnpke  
508-753-7221

**Special Senior Citizen  
Discounts!**

## **MANSIONS AND GREAT HOUSES OF SHREWSBURY AND THE INDUSTRIAL WEALTH THAT BUILT THEM**

***By Vera Couture***

Before I retired from the Shrewsbury Public Library, I wrote the history of six mansions which used to grace our countryside.

David Levy, a 1972 graduate of Shrewsbury High School, who worked with me, contributed and documented the industrial part of Worcester and the men who built the mansions. Brother Ryan, from St. John's High School, Francis Zarette, with the late Alden Stone and Mary Kimball, also shared their memories with me. It is a fascinating book of documentation of the most ethnic city, which Worcester was then with so many large factories. They are mostly gone now as are the mansions with only a few remaining. The Hebert Candy Mansion on Rt. 20 and the Durmoland on St. John's property still stand as reminders of a different life, a more gracious lifestyle. The pamphlet on the mansions was at the library for some time and now 3 large books were donated to the High School, the Library and the Historical Society. Those mansions and industries are not here anymore, but it will be of interest to everyone, those who lived here for many years, and for those just moving in, as well as for students in schools. It shows a different way of life as it used to be many years ago. The book is available at the Shrewsbury Library.

### **Annual State Contest: Deadline Approaching!**

Secretary William Galvin announces that the 8th Annual Senior Citizens Artistic Interpretation of the State House Holiday Card Contest is now accepting entries. Entries must be submitted by seniors age **62** or older. Any medium of art is acceptable. Deadline is 7/15/04. More information is available at the Senior Center.

### **Library Happenings:**

#### **Join the Major Leagues Cookout!**

**Date:** Friday, July 9, 2004, **Time:** 12 p.m. - 2 p.m.

**Location:** Library Parking Lot

Major League Baseball and the American Library Association invite you to join the Major Leagues@ your library! Enter to win a pair of tickets to a World Series game and other great prizes!

This program is for all ages! Details of this special event or other summer library programs and hours can be found on-line at the Library's calendar of events by calling 508-842-0081 or by visiting: [www.libraryinsight.com/Events.asp](http://www.libraryinsight.com/Events.asp).

### **Spirit of Shrewsbury Committee Volunteers Needed !**

This month's meeting is July 13th at 7 PM, in the municipal building. For information on how you can volunteer, contact either Maria Smith (508-845-9974) or Art Dobson (508-842-2826 or [adobson681@aol.com](mailto:adobson681@aol.com)).

### **Serenity Through Celtic Harp, Recorder & Flute**

Musician De Luna will be presented by Notre Dame Long Term Care Center, 559 Plantation Street. The event will be held Wednesday, July 14, 2004 from 6:30 to 7:30 with a reception beginning at 5:30. Enjoy the wordless sounds that can transmit messages of relaxation and wellbeing. Suggested donation is \$5.00. Call 508-852-3011, ext. 3222 to reserve.

### **Botanical Garden Art Series**

**June 29th-August 8th:** "The Miracles of Nature" with artist Gary Barsomian-Dietrich and Edwin Sundin. Come see their amazing and diverse works. The works are also for sale, which benefits Tower Hill. You can reach the Tower Hill Botanical Garden at 508-869-6111 for more information.



### **2004 Summer Concert Series**

#### **Parks and Recreation:**

Two Summer Concerts will be held this year at the band stand at Dean Park by the Shrewsbury Community Band. Dates for the concerts are Wednesday **July 14** and **July 28**, at 7PM, rain date the next night. Bring a blanket or lawn chair along with family and friends to enjoy some fun music.

#### **Southgate at Shrewsbury**

**July 6th:** Bombay Jim and the Swinging Sapphires

**July 13th:** Tuxedo Classic Swing Band

**July 20th:** Classic Swing Band

**July 27th:** Westwood Swing Band

All concerts, which are open to the public, are free of charge. Concerts will be held outdoors weather permitting, at 7pm. Bring your lawn chairs or blankets. For more information, call Anne Richards at 508-842-8331.

#### **The Willows at Westborough**

**July 7th:** Wolverine Jazz Band

**July 14th:** Westwood Swing Band

**July 21st:** The Point 'n' Swing Big Band

**July 28th:** Tuxedo Classic Jazz Band

All concerts, which are open to the public, are free of charge. Concerts will be held rain or shine, at 7:15pm. Bring your lawn chairs or blankets. The event will be relocated inside in the event of rain. For more information, call 508-366-4730.

### **Mass Audubon Senior Walk**

9:30-11am, July 27th at Broad Meadow Brook Sanctuary. Breathe the fresh air, stretch your legs, take in the beauty that surrounds you. Discover the richness of Worcester's urban oasis. Walks are 1½ hrs and cost \$4. Call 508-753-6087.



*Christopher Heights of  
Worcester  
Assisted Living Community  
20 Mary Scano Drive  
Worcester, MA 01605  
508-792-1456  
A place to call home where friendly  
residents and staff  
create peace of mind for families.*



*All Makes and Models  
Brakes/exhaust/tune-ups  
Wheel Alignment  
Towing and Road Service,  
Inspections  
185 Memorial Dr. Shrewsbury  
508-845-9850*

### **Shrewsbury Friends Men's Group**



**Thursdays 9-11 AM  
President: John Kehoe**

### **Susan B. Nissenbaum**

*Attorney at Law*

**Elder Law - Home Visits  
First Call No Cost  
Real Estate  
Wills Estate Planning  
One Grafton Common - Grafton  
Call Now 508-839-4144**

**Travel** To learn more about an upcoming trip, call the contact people listed. **Also call for their list of other trips planned. Flyers available at the Senior Center:**

**Anna & Bernie Keiser: 508-753-1387:**

Aqua Turf Hawaiian Luau: July 20th

Smoky Mountain: Sep. 20-26th

**Frank Fulginiti : 508-845-6509:**

Foxwoods: July 13th, August 10th, Sept. 7th

Lobster Feast at the Log Cabin: August 3rd

8 Day MACKINAC Island - September 9th-16th



**The Friends of the Shrewsbury Senior Center, Inc.**

*Submitted by Diane Lindberg*

Congratulations to all the May Madness winners! The winners are listed below:

Irene Hanes (\$50), Rita Belsito (\$50), Connie Bartelson (\$50), Angela LeBoeuf (\$50), Gretchen Holdash (\$50), Jean Houde (\$50), Bobby Vandal (\$50), Frank Rudden, (\$50), Phyllis Hare (\$75), Sue Chatten (\$200), Charlette Lofstrat (\$50), James Carlin (\$50), Stan Helden (\$50), Florence Chrzewski (\$50), John Zona (\$50), Samantha Barakian (\$50), Anna Keiser (\$50), Esther Coleman (\$50), George Johnson (\$50), Edith Mewnev (\$50), Jennie Duncan (\$50), Pauline St. Armand (\$50), Lydia Brady (\$75), Marilyn Sullivan (\$50), Evelyn Cummings (\$100), Marilyn Sullivan (\$50), John Lebeaux (\$50), Rita Pelligrino (\$50), Barbara Truelson (\$50), Harold Hersey (\$50) and Joel Rafgran (\$200).

The Friends of the Shrewsbury Senior Center thanks everyone for your continued support and appreciate the efforts in making the fundraiser a BIG success!

**Piecemakers Quilting Group**

Continues to sell raffle tickets for the beautiful quilt they made. The Raffle will be held at the Health Fair on October 1st. All proceeds will be given to the Senior Center. The Quilting Group meets on Monday mornings. For information, call Marlene F. Holohan at 508-842-8368.

**AARP has Disbanded :**

Last month, COA Director Sharon Yager received a letter from AARP President Sally Holden.

Sally writes:

*"The Colonial Chapter #4831 AARP want to thank you and the Senior Center for allowing us to meet in this lovely facility. Due to declining membership and the inability to recruit officers for the coming year, the Chapter will dissolve after the our June 29th meeting.*

*Thank you again for your hospitality."*

We wish the AARP and their membership good luck in the future and are sorry to hear about their closure of their Chapter.

**Shrewsbury Friends Men's Club**

*Submitted by Al Vadenais*

Last month featured more meetings with interesting speakers! Jack Williams spoke on the recently built bocce courts, associated rules book, and ball storage location.

Other speakers included Ken Powers, Worcester Telegram Sports Reporter, who presented an update of off-season activities, as well as Joseph Tamer, a CIA Retiree, cited his experiences with the agency.

Men's Friends Club participants talked about their service experiences during WWII. The Lee Bartlett Singers sang a medley of songs and a luncheon rounded out the final meeting. Meetings will resume on the 1<sup>st</sup> Thursday after Labor Day. Have a good summer!

If anyone has seen the group's large red cooler container, or knows of its location, please call or return it back to the Senior Center.

**Annual Senior Citizen's Picnic**

Sheriff Flynn will be sponsoring his Annual Senior Citizen's Picnic on Saturday, August 21st, from 11am to 4pm at SAC Park in Shrewsbury. Entertainment will be provided by Noel Clifford and Paul Lamoreux. There will be, as always, plenty of food, cash bingo games, line dancing and attendance prizes. Bus transportation will be provided from various housing projects. Admission is free. There is limited seating in the pavilion area, so bringing a lawn chair is recommended. Please call Bill or Mary Lou at 508-854-1812 for more information.

**Knights of Columbus News**

*Submitted by Don Dagle*

Our own Francis Rimkus, has been elected as Grand Knight of Shrewsbury's Adelphi Council # 4181 Knights of Columbus. Fran will preside over the 2004/2005 term. He has been a member of The Knights for over 37 years. He just completed a term as Deputy Grand Knight and has been Chairman of the Benevolent Committee for several years. The Knights are always seeking Catholic Gentlemen to become members.



**Senior Golf Opportunities**

**Heritage Country Club** in Charlton,

holds monthly golf tournaments through October. The cost is \$5 for each monthly play, plus greens fees, which are reasonable, as they include cart and lunch. Contact Dave Archambo at 508-842-2165 for questions and schedule dates.

The co-ed **Senior Casual Golf Group** meets Wednesdays at **Stonybrook Golf Club**. For more information, contact Mary Johnson at 508-842-8691.

**Cyprian Keyes**, in West Boylston, has senior rates for those 60 and older. Play Monday through Thursday, for \$29 at any time. You can add a cart for \$14. Call 508-869-9900.

**Yard Sale Update:**

The Yard Sale has been postponed until September. Volunteers are needed to help organize the event. Please call the Senior Center if interested.





**By Ellin Hassett,  
Regional SHINE Director**

Still have questions on the new Medicare Discount Drug Cards? You are probably not alone. Some of the most commonly asked questions are:

**Does everyone need a discount card?**

Not necessarily. Some people already have a comprehensive drug plan. If you are on Prescription Advantage, a group plan or other plan with adequate drug coverage this may not be to your benefit.

**Who could benefit from a discount card?**

Anyone who qualifies for the \$600 credit will definitely benefit from a discount card as well as those limited to a quarterly cap on their prescriptions. For someone who has only Medicare A&B and pays the entire amount of their prescriptions, this could help.

More information is available at [www.medicare.gov](http://www.medicare.gov) or by calling the **SHINE Program at 1-(800) 243-4636 option #2.**

**Publication Reminders:**

The Attorney General's Office has published an 8 pg. booklet entitled "**Consumer Advisory: Medicare Reform**". Brochures are available at the Senior Center and on-line at [www.ago.state.ma.us/pubs/medicare\\_brochure.pdf](http://www.ago.state.ma.us/pubs/medicare_brochure.pdf). These booklets are highly recommended by Rep. Karyn Polito.

**Also Available:**

***File of Life Cards and Packets***

**Caregiver Guides:** thorough, 136 pg. book

**Caregiver Organizer:** Handy, checkbook style resource

Come by and pick yours up or call to have it mailed to you!

**New Lifestyles Senior Housing Guides:** 43 pg booklet on the various residents in Central and Western MA.

Come by or call for your copies!

**Upcoming Alzheimer Support Groups**

The Family and Caregiver Alzheimer Support Group provides support, education and a chance to share feelings, ideas, and concerns about this disease. The group meets the 1st Tuesday of every month from 7-8:30pm at Whitney Place in Westboro, 1 Lyman Street. Light refreshments are served. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting is July 6th and next month's is August 3rd.

**Health Department Reminder:**

Leaves, Grass and Yard Waste can be dropped off at the Municipal Garage from 8:30 to 11:30 on Saturday, July 3, 17, and 31, and August 14 and 28. Call the Health Department at 508-841-8512 with any questions.

**Skin Cancer Screening**

There will be a **FREE Skin Cancer Screening** on Thursday, July 15, 2004, from 5:00pm to 8:00pm at Westboro Medical Clinic, 154 East Main Street, Suite 204, Westboro, MA. Please call for an appointment by calling (508)-870-0650 Monday through Friday between 8:30am and 3:00pm. Please, no walk-ins.

**SERVE: Good Food Means Good Health!**

Steak Season continues! Now through September, SERVE's famous steak package is available for \$17. You'll get six delicious hotel/restaurant quality 8 oz. Sirloin strip steaks. Other packages available. You can now sign up on-line at [www.servenewengland.org](http://www.servenewengland.org) or in person at the Shrewsbury SERVE host site, Mount Olivet Lutheran Church office. The Church's sign-up hours are Monday through Thursday from 9am-1pm. Call (508) 842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is July 8th for distribution on July 24th.

**Farmer's Market Coupon Time Again!**

Enjoy fresh produce for those who qualify. The qualifications for this Federal and State program are residency in subsidized Housing, or being a food stamps, or fuel assistance recipient. Call the Senior Center to get more information.

**Partnering with Your Doctor**

A workshop for people with memory problems and their care partners will be held at the Worcester Senior Center, 128 Providence St. on Tuesday, July 6th 2004, from 2 to 4 pm. The workshop is free of charge. Call 508-799-2386 to register.

**Veteran's Changes**

There have been significant changes in Veterans services. Previously, only people who had served during war time were eligible for most benefits. This has changed and anyone who has been in military service may now be eligible. Call our Veteran's agent (his information is on page 2) to learn more.

**Fallon Representative**

Will be back at the Senior Center this month. Regional representative Janice Sochalski will be at several area locations during July including the Shrewsbury Senior Center from 10-11 on Thursday, July 15th. Other visits include Christina's Café in Westboro on July 26th and the Post Office Pub in Grafton on July 20th. If you have a Fallon Senior Plan question, call 1-800-868-5200 for more information. Great talks are also being offered.



**Dean Park Pizza**  
745 Main Street  
**508-842-2525**

Offering a 15% Senior Dine-in  
Discount on Mon & Wed.  
Breakfast: Sat & Sun:  
7am-noon

**Try our fresh seafood!**  
*Many menu choices!*

**Victor R. Quaranta**  
**American Legion Post 397**  
***Do You Have An Old Flag?***



*The Post will  
Ceremoniously and  
properly dispose of  
your American Flag*

**Drop Off Box**  
**At Senior Center**



Shrewsbury Rotary Club  
"Service Above Self"  
Joseph Montecalvo  
President - 2003 - 2004

**Britton Funeral Homes, Inc**

**Britton Funeral Home**  
648 Main St. Shrewsbury  
**(508) 845-6226**

**Britton Wallace Funeral Home**  
91 Central St. Auburn  
**(508) 832-4420**



# July 2004 Calendar

**Please Note:** No Senior PARKS/REC activities will take place during the summer months. To find about other adult programs being offered, please call the Parks Dept. at 508-841-8503.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Elder &amp; Disability Law Advocates</b> <ul style="list-style-type: none"> <li>Guardianships</li> <li>Estate &amp; Medicaid Planning</li> <li>Medicaid Benefit Applications</li> </ul> <b>Worcester</b> <b>(508) 755-6525</b>	<b>All special monthly activities, meetings and screenings <i>appear in italics on the Calendar:</i></b> <i>Please call the Senior Center at 841-8640 to register for or learn about an activity, screening or clinic.</i> <i>The entrée at the Village Café is listed each day.</i> <i>Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>			
<b>5</b> <b>Happy 4th Of July!</b> <b>All Municipal Offices Closed</b>	<b>6 Trip: Wal-Mart</b> 10-12 Independent Artists 1pm: Reiki 2pm: Chi Gong <b>Baked Ham with Pineapple Sauce</b>	<b>7</b> 10:00 Yoga 11-noon: Bridge Lessons 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>BBQ Beef Sandwich</b>	<b>8</b> 11:00 Music with Kitty 1:00 Pitch <b>Hearty Beef Stew</b>	<b>9</b> 9:30 Writer's Wkshp 10:00 Cribbage 1:00-3:00 Busy Hands <b>2pm Dodge Park Band</b> <b>Pasta with Meat Sauce</b>
<b>12</b> 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>2pm Ask the Manager Taping</b> <b>Swedish Meatballs and Gravy</b>	<b>13 Trip: Marshall's</b> 10am Independent Artists <b>10am Spinal Screening</b> <b>1pm Hearing Screening</b> 1pm: Reiki 2pm: Chi Gong <b>Roast Turkey</b>	<b>14 10-12 Free Legal Clinic</b> 10:00 Yoga 11-noon: Bridge Lessons 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Chicken Mornay</b>	<b>15</b> 10-11 Fallon Representative 10:45 Watercolor <b>Nutritional Talk with Shrewsbury Crossings: 11am</b> 11:00 Music with Kitty 1:00 Pitch <b>Fish Filet with Stuffing</b>	<b>16</b> <b>9:00 Rep. Polito Office Hrs</b> 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands <b>Macaroni and Cheese</b>
<b>19</b> 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>American Chop Suey</b>	<b>20 Trip: Millbury Plaza</b> 10am Independent Artists 1pm: Reiki 2pm: Chi Gong <b>Chicken Dippers with Sweet n Sour Sauce</b>	<b>21 10:00 Yoga</b> <b>11am B. Pressure Screening</b> 11-noon: Bridge Lessons 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Turkey a la King</b>	<b>22</b> 11:00 Music with Kitty 1:00 Pitch <b>Meatball and Noodles</b>	<b>23</b> 9:30: Writers Workshop 10:00 Cribbage <b>11:30am: Lunch and Movie</b> 1-3 Busy Hands <b>Chicken with Supreme Sauce</b>
<b>26</b> 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>Chicken Salad</b>	<b>27 Trip: Solomon Pond</b> 10am Independent Artists 1pm: Reiki 2pm: Chi Gong <b>Roast Pork and Gravy</b>	<b>28</b> 10:00 Yoga 11-noon: Bridge Lessons 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Shepherd's Pie</b>	<b>29</b> 11:00 Music with Kitty 1:00 Pitch <b>Teriyaki Chicken</b>	<b>30</b> <b>9am Newsletter Mailing</b> 9:30: Writers Workshop 10:00 Cribbage 1-3 Busy Hands <b>Fish Victor</b>